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M A G A Z I N E

NOVEMBER 2024

## Dulcet Tones

The Silver Serenaders  
share their love of song

2024 Holiday  
Shopping Guide

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Scavenger Hunt

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Featured Business:

SpringCrest Dental

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### EDITORIAL

*Managing Editor, Becky Walker*  
*Southwest Editor, Adam Walker*  
*Office Assistant, Kristin Bato*  
*Editors/Proofreaders, Rachel Rich*  
*Virginia Riddle*

### GRAPHICS AND DESIGN

*Creative Director, Chris McCalla*  
*Artists, Jerri Akers . Kristin Bato*  
*Martha Macias . Anthony Sarmienta*

### PHOTOGRAPHY

*Photography Director, Chris McCalla*  
*Photographer, Shane Kirkpatrick*

### ADVERTISING

*Advertising Representatives,*  
*Dustin Dauenhauer . Bryan Frye*  
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*Linda Moffett . Linda Roberson*  
*Karen Schaefer . Jeremy Young*

*Billing Manager, Angela Mixon*

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# EDITOR'S NOTE

November is here ...

By this time, even a Texas summer is usually well and truly gone. October is sometimes cool, sometimes hot. But November is pretty reliable as a cooler month. Some of us are already getting tired of pumpkin spice everything. Others are already dreading the coming end of their favorite scent and flavor. Eggnog is on the shelves, and that makes me happy. I'm trying to figure out what I'm making for Thanksgiving dinner with the siblings and nibblings (nephews and nieces, for those unfamiliar with this really cool word). I'll have to make my chocolate ribbon pies. Those were already requested in September. But I want to make Mom's dressing. It's been years since I've had it.

It's time to get the Christmas gift shopping underway. We'll be buying a new tree this year. The flocking on the old one got to looking so shabby that we tossed it out last January. This one will be unflocked. That stuff gets everywhere and really only looks good for one year — which is why we're also looking for one that isn't pre-lit. I don't see any reason to buy a new tree every year because a few lights burned out. I can string lights on my own tree, the same way I've done my whole life.

It's also time (or past time) to get the flower beds ready for spring blooms. There are lots of yard projects that need to be done before really cold weather hits.

There used to be a particular writing challenge that I participated in this month. I drafted five novels that way. But that has lost its appeal, so I'll have more time for other things. November is full enough as is.

December is coming!



*Adam*

Adam Walker  
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# Dulcet Tones

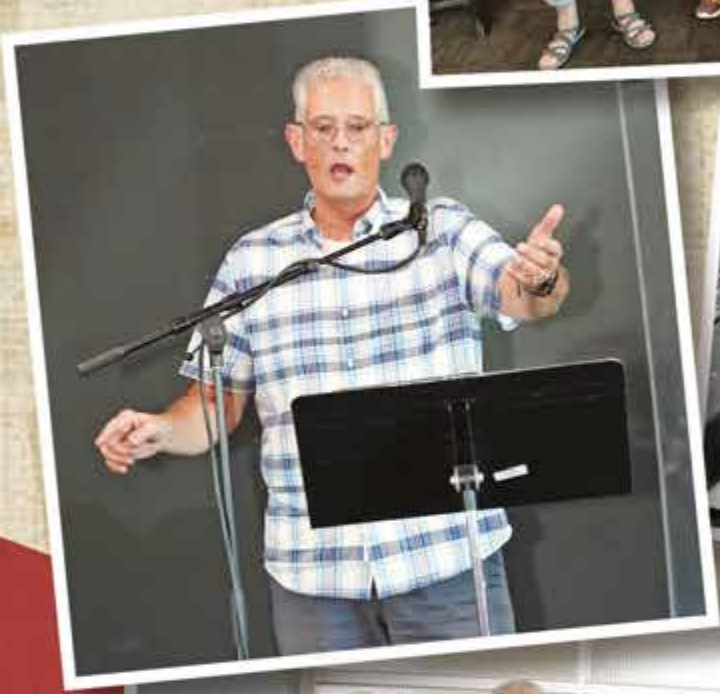
— By Adam Walker

The human voice is a powerful instrument. We've been singing as long as we've had voices, and song has a way of touching our hearts and connecting us to memories and dreams. Song becomes even more powerful when it's performed in groups, and many of the great composers wrote choral works as well as instrumental music. Many people have fond memories of choir in high school, or maybe at church, though many churches no longer use choral music. The Silver Serenaders is an adult choir made up of individuals from all over the area who are keeping this powerful music alive.

Chett Haynes is the current director of this group. "We used to be a choir for senior citizens, but we removed the age requirement, and now some of the children of members are also members. Our oldest member is Johnye Williams. She's 103. Our youngest is Naomi Fisher who is 46. We have both singers and instrumentalists. We have the choir, a chorale, carolers and an instrumental ensemble. We recently added a ukulele group this year. Some of them had never played before, but they're learning fast!"

The Silver Serenaders present programs that combine sacred, secular and patriotic music. "We present variety in our concerts. Our last concert tour was titled, 'This Is the Dream,' and included songs like 'Dream,' 'Climb Every Mountain,' 'Put a Little Love in Your Heart,' 'God Bless America,' 'How Great Thou Art' and 'You Make Me Feel So Young,' which features Johnye, our 103-year-old."

"We have 25 songs to memorize for our new program," President and CEO Mary Crawford informed. "It's a church program called, 'Total Praise,' which includes the song by that name. That song is huge. There's such a variety of music in the program. We allow our new members to use the sheet music until they have the songs memorized. It's great once you can sing the songs without the music, because then you get to watch Chett's antics as he conducts!"





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“It’s great when, occasionally, you make suggestions to the choir and actually see them trying to do it!” Chett mused. “Music is therapy. It enhances your mood. It’s respiratory therapy when you have to control your breathing. And the memorization is good mental therapy. Studies show music can enhance your quality of life. And the social interaction of the choir is good for you, too. It’s meaningful to be in an organization like this. It adds purpose, an opportunity to serve, give and invest.”

Mary thinks the same way. “I’ve always sung in a choir. My life wouldn’t be the same if I wasn’t singing. It wouldn’t seem like I was doing anything.”

The Silver Serenaders are a community of their own. They provide each other with rides, not just to practices, but to doctor’s appointments and other things. They take food to each other and send cards of encouragement when they are ill. “Our chaplain is great. She checks in on everyone,” Mary said. “This choir started in 1981. This is our 43rd season,



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and we've traveled everywhere. The Air Force chapel in Colorado Springs, Hawaii, Carnegie Hall, the Meyerson Symphony Center, National City Christian Church in Washington, D.C., L.A., all up and down the West Coast, Israel. We've even sung in restaurants! James and Betty Palmer were our founders, and Chett has been our leader since 2011."

"I choose the music and run the concerts. Mary does *everything* else," Chett confided.

"I handle the day-to-day mission of keeping the organization going," Mary clarified. "I joined the choir in 2006, and I've been the president since 2010. I worked at Baylor hospital in fundraising, so I knew computers and was good at record keeping. But we have 48 officers who help keep things running."

"We practice from August to May and take the summers off," Chett informed. "We do four to five concerts in the fall and another four to five in the spring. We're planning a tour now of East Texas, Arkansas and Branson. We welcome new members. You don't have to read music, and we don't even have an audition. Word of mouth brings new members. We like to have fun. Our rehearsals are fun. Our concerts are fun. It's important to have high quality, but this is a volunteer organization. If people don't want to be there, they don't come. Anyone who is available at 4:30 p.m. on Mondays is welcome. We rehearse at Hillcrest Baptist Church in Cedar Hill. You don't have to have some wonderful musical talent to join. Everyone has an important part." **NOW**

*Editor's Note: For more information, visit [www.silverserenaders.org](http://www.silverserenaders.org).*

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— By Adam Walker

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Dr. Inderdeep Hayer was born and raised in California, but she moved to Texas in 2007. “I worked as an associate at multiple practices around DFW to gain experience before acquiring SpringCrest Dental in May,” Dr. Hayer said. “SpringCrest Dental was here before, but we’re an all new



staff, and we’re excited about connecting with our patients and providing the best experience possible.”

Dr. Hayer is proud of her staff. “Mary and Shae are my dental assistants. Kayla is my patient coordinator, and Margaret is my treatment coordinator. I have a very caring, passionate team who are just as compassionate as I am. We use the highest quality technology to provide comprehensive care. We address the foundational issues and help you explore your options. We will explain why you have a dental problem, how it can be addressed and what your options are. With all treatment plans, Margaret is great at helping patients break it down into steps, so it isn’t overwhelming. She can help patients go over their insurance benefits and help them prioritize their treatment.”

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If you've been thinking about whitening your teeth, Dr. Hayer has some extra motivation for you. "Until the end of the year, we will be donating to the North Texas Food Bank for every whitening kit sold, plus our patients can bring in donations of canned goods if they like. I've been organizing food drives for as long as I can remember, so it seemed like the thing to do at my office now."

They will be hosting their official ribbon cutting with the Cedar Hill Chamber of Commerce at noon on November 14. Following that they will have tours of the office with food for their guests. "We want to be involved. And we're being more active on Instagram. We want to get to know our patients and our community and laugh together," Dr. Hayer said. Dr. Hayer and the team at SpringCrest Dental look forward to working with you for a better smile. **NOW**



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A quick look at the gift items and discounts available locally.

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## Zoomed In: Adam Walker

By Becky Walker

SouthwestNOW Community Editor Adam Walker stopped by the Cedar Hill Half Price Books location on their final day of business. “I was here on opening day as an employee, and I had to be here for the last day,” he said. “I worked here for about a year, starting before we were open to the public. The shelves had just been installed, and we were starting to put books on them. I love books and reading, so I’ve been a customer of various locations since the ’80s.” He said when he worked there, they should have just paid him in books!

“I’m going to miss having our own store in the Best Southwest,” he mused. “It’s really melancholy, but I have a lot of good memories here.”



Region 6 of Texas Parks and Wildlife holds their bi-annual, three-day networking meeting at the Traphene Hickman Library to learn how to better serve the community and protect our natural resources for future generations.



Frost Bank passes out 200 turkey legs to people in Duncanville to celebrate the State Fair.



Mayor Proctor presents Denise Valentine with the Curtistene S. McCowan Award for Citizenship.



Hillside Social holds their ribbon cutting in Cedar Hill.



Kim & Jenny's Cafe celebrates with the community.





DeSoto ISD recognizes some of its high achievers.



The Duncanville Rehab Center hosts its 2024 senior prom.



Samani Devoil and Sofia Murphy collect donations for United Breast Cancer to support the families of patients.



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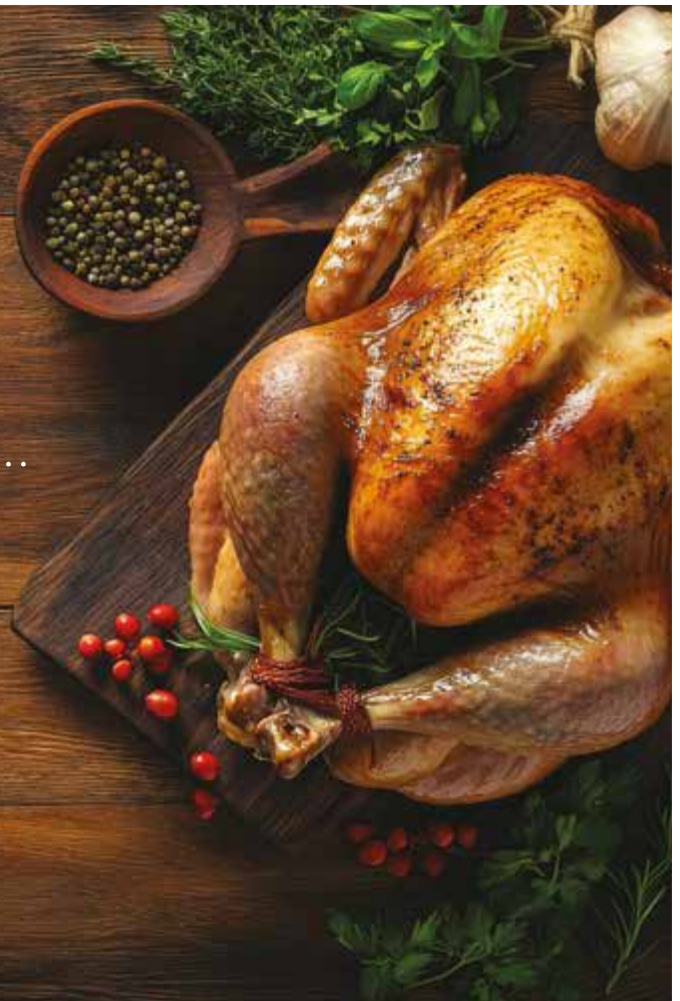
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## CookingNOW

# NOW MAGAZINES' BEST OF ... THANKSGIVING RECIPES



Thanksgiving is the perfect time to pull out old family favorites, but it is also a good time to try a new recipe. Below are some ideas you might consider to give a new flare to your holiday celebration. Happy dining! **NOW**

### Drunken Turkey

*Provided by Paula Beavers for the November 2019 issue of SouthwestNOW Magazine.*

**Large turkey, cut in half lengthwise**

**Salt, to taste**

**Pepper, to taste**

**2 tsp. poultry seasoning**

**1 bottle champagne**

**16 oz. chicken broth**

**1 orange, cut in quarters**

**1 lemon, cut in quarters**

**1 lime, cut in quarters**

**1 head of garlic**

**1 onion, chopped**

**1.** Cover both turkey halves with salt, pepper and poultry seasoning; arrange turkey so the button will still pop up when done.

**2.** Pour entire bottle of champagne over the bird, along with the chicken broth. Add the cut up fruits, the whole head of garlic (do not chop) and onions.

**3.** This turkey will cook quicker cut in half, and the breasts will not dry out. You will not taste any alcohol, and you can take liberties with the spices you like to use.

### Corn Bread Dressing

*Provided by Tonya Willis for the December 2021 issue of North Ellis Co.NOW Magazine.*

**1 cup cornmeal**

**1/2 cup flour**

**1 egg**

**2 Tbsp. sugar**

**1 tsp. salt**

**2 tsp. baking powder**

**Milk, for consistency**

**1 Tbsp. margarine or butter**

**1 medium white onion, chopped**

**1/2 red or green bell pepper**

**4 stalks celery, chopped**

**2 Tbsp. chicken soup base mix**

**1 14.5-oz. can cream of chicken soup**

**1 14.5-oz. can of water**

**Garlic powder, to taste**

**Onion powder, to taste**

**Pepper, to taste**

**Salt, to taste**

**1 small bunch green onions, finely chopped**

**1.** Mix the cornmeal, flour, egg, sugar, salt, baking powder and milk. Bake at 400 F for 35-45 minutes.

**2.** When the cornbread is ready; warm butter or margarine in a pan. Sauté the onions, bell peppers and celery.

**3.** Combine the cornbread with the sauteed vegetables and all remaining ingredients. Add the green onions last. Bake in the oven for 1 hour at 350 F.

### Thanksgiving Cranberry Jalapeño Dip

*Provided by Kelcie Fuller for the March 2019 issue of WaxahachieNOW Magazine.*

**6 cups cranberries**

**2 jalapeños, diced**

**2 tsp. cumin**

**1 cup cilantro, chopped**

**2 tsp. salt**

**4 cups sugar**

**1 32-oz. pkg. cream cheese**

**Ritz crackers, or crackers of your choice**

1. Add cranberries to a food processor; chop into small pieces.
2. Combine cranberries, jalapeños, cumin, cilantro and salt in a large bowl.
3. Add sugar to mixture; stir well.
4. Cover mixture; refrigerate for 3 hours.
5. Spread cream cheese in the bottom of a casserole dish.
6. Pour chilled mixture over the cream cheese; serve with crackers.

### Buttermilk Pie

Provided by Raeanna Shetron for the November 2020 issue of BursesNOW Magazine.

- 1 3/4 cups sugar
- 1/4 cup flour
- 1/2 cup buttermilk
- 1 stick butter, melted
- 3 eggs
- 1 tsp. vanilla
- 1 prepared piecrust

1. Preheat the oven to 350 F. Using a mixer, combine all ingredients except for the piecrust.
2. Pour the mixture into the piecrust; bake for 50-60 minutes, or until done.

### Mom's Pecan Pie

Provided by Faye Frasier for the November 2020 issue of CorsicanaNOW Magazine.

- 3 large eggs, beaten
- 2/3 cup sugar
- 1/2 tsp. salt
- 1/3 cup margarine or butter
- 1 cup white corn syrup
- 1 cup pecans, chopped, or to taste
- 1 9-inch piecrust

1. In a bowl, mix all ingredients, except the piecrust; pour mixture into the piecrust.
2. Bake at 375 F for 45-50 minutes; cool before serving.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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# A WEST COAST Treat

— By Amber D. Browne

*From enjoying fresh seafood at Fisherman’s Wharf and ferrying across the bay to Alcatraz to walking the iconic Golden Gate Bridge and capturing a few photos along Lombard Street, San Francisco definitely has a multitude of must-sees for visitors. With high temperatures in the upper 50s during the winter months and in the 60s to low 70s the remainder of the year, any season is a good time to visit this California treat.*

If you plan to fly, San Francisco International Airport offers easy access to rental vehicles via a short airport shuttle ride, or visitors can take a cab, rideshare service or the subway system to their destination. If driving, enjoy the diverse landscapes visible during the trip through California such as ocean views, mountains, hills and orchards.

Hotels and rental properties are abundant, so San Francisco visitors should research which areas they plan to spend the most time in, always keeping budget in mind. Parking is typically an extra fee at hotels and resorts.

Visitors might prefer to stay and play near Pier 39 and Fisherman’s Wharf. Catch a glimpse of dozens of sea lions basking in the sun at Pier 39. These lazy creatures bark as they sunbathe, often pushing one another off the floating docks for roomier space. Pier 39 offers eating options of fresh seafood, burgers, crepes, mini donuts and much more. Shopping, entertainment and gaming options are abundant, including a mirror maze and carousel. From the pier, you can embark on a wine tasting or whale tour.

A couple of blocks west, Fisherman’s Wharf offers restaurants galore, plus activities for the entire family, including Madame Tussauds and Ripley’s Believe It or Not! Take a bike, Segway or cable car to tour the area for dining, shopping and other entertainment options.

Nearby, ferry rides depart for the infamous Alcatraz Island. Several tour options of the former maximum-security federal prison that once housed Al Capone are offered. If you cannot take the ferry trip, don’t fret. You can catch a glimpse of “The



Rock” from land while looking out across the bay.

If it is souvenirs that suit your fancy, you can purchase a few Alcatraz-related items and more at the Golden Gate Bridge Welcome Center. Twice a week, the local nonprofit, San Francisco City Guides, provides free walking tours of the iconic bridge. Make sure to register beforehand. If guests want to take a leisurely hike in the area, they can enjoy the scenery and vistas at Golden Gate National Recreation Area.

A trip to San Francisco would be incomplete without a visit to Lombard Street. It carries the distinction of the “crookedest street in the world,” and drivers can slowly maneuver around each of the eight curves down the steep grade. Tourists might prefer to walk along Lombard Street, stopping briefly to grab a few pictures in front of the flowerbeds, if in bloom, and other landscaping. Soak in the architecture of the homes as you join others experiencing the fun of this iconic tourist spot. Parking is available along the street at the entrance of that section of Lombard Street, but try to avoid rush hour.

Before heading home, visitors should make time to feel the spray of the Pacific Ocean. There are public access points along the coast, so check out the area on an online map to find the perfect spot to visit.

Travelers should do their research and select as many popular sites and attractions as possible to visit during their trip. San Francisco is a treat, so plan a trip to this West Coast city today. **NOW**

Sources:

1. [visitcalifornia.com](http://visitcalifornia.com).
2. [pier39.com](http://pier39.com).
3. [fishermanswharf.org](http://fishermanswharf.org).
4. [flysfo.com](http://flysfo.com).
5. [goldengate.org](http://goldengate.org).
6. [alcatrazislandtickets.com](http://alcatrazislandtickets.com).

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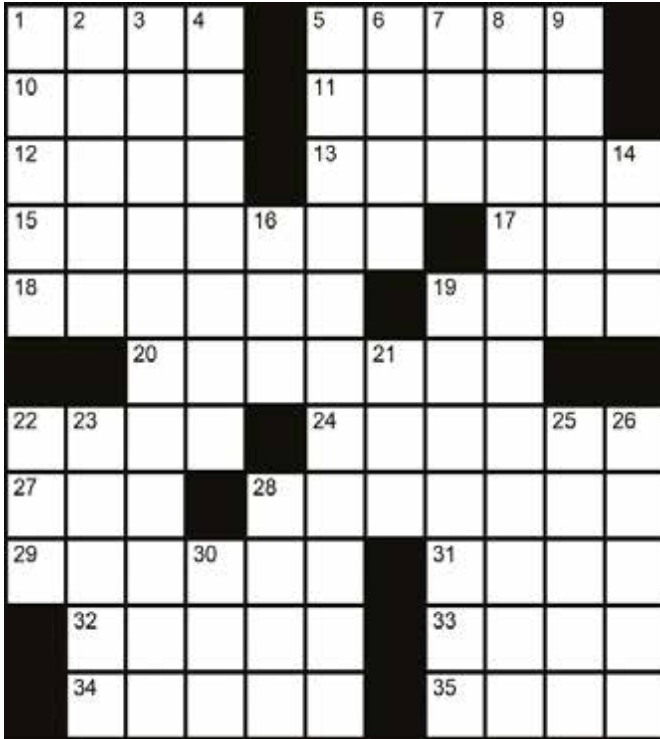
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## Across

- 1 Gray-haired
- 5 WWII female fliers
- 10 Free from doubt
- 11 Scrub
- 12 Filly's father
- 13 Domingo and Bocelli
- 15 Made suitable
- 17 By way of
- 18 Empyrean streaker
- 19 Immerses
- 20 Neck of land
- 22 Diplomacy
- 24 Alleviating
- 27 Rather like
- 28 Design for a painting
- 29 Cambodian mass murderer

- 31 Upon
- 32 Oddball
- 33 Food source
- 34 First unelected president
- 35 Split

## Down

- 1 Indian tea state
- 2 Museum employee
- 3 All over the place, clearly Rita is all over the place
- 4 Most profound
- 5 Boiler
- 6 "And gentlemen in England now -- - ..." (Shakespeare, "Henry V")

- 7 That's my boy
- 8 Temporary
- 9 Divest
- 14 The United Kingdom's Delta Force equivalent
- 16 Trike rider
- 19 Bring back into use
- 21 Impair
- 22 Ask for a loan
- 23 High up
- 25 Orléans "our"
- 26 Pixie
- 28 Distilled coal
- 30 Comrade

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							7	3
	3			2				
	6	5						
				1				8
8					3	7		6
1				5	8	2	4	

Medium

				8		7		
4		9			6		3	
		6						
	5			4				7
				1		3		
		7				9	5	
1					9		4	
	9		8		1			
5			4			6		

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11/2

### Texas History Beneath Our Feet:

Learn about Texas fossils. 1:00 p.m., Traphene Hickman Library, Lower Level Multi-Purpose Room, 405 Pioneer Trl., Cedar Hill.

### An Evening With the Gentlings:

The Amon Carter Museum shares about Scott and Stuart Gentling who documented Texas birds in their art. Free. 5:00-7:30 p.m., Dogwood Canyon Audubon Center, 1206 W. FM 1382, Cedar Hill.

11/5

### Free Rides to Vote:

STAR Transit offers free rides to and from polling locations. 8:00 a.m.-4:00 p.m. Call (877) 631-5278 30 minutes in advance.

11/9

### Fall Beautification Day:

Meet for breakfast, then spread out and clean the city. Free. 8:00 a.m.-noon, Cedar Hill Government Center, 285 Uptown Blvd.

### Veterans Affairs Breakfast:

DeSoto City Council is celebrating veterans. Free. 8:00-10:00 a.m., DeSoto Civic Center, Bluebonnet Room, 211 E. Pleasant Run Rd.

11/16

### Finding Funds:

Navigating Scholarships and Financial Aid: Free. 11:00 a.m.-1:00 p.m., Traphene Hickman Library, 405 Pioneer Trl., Cedar Hill.

### CharCATERie & Barkdeaux Fundraiser:

Friends of Tri-City Animal Shelter host a wine and cheese event to support their work. 5:00-9:00 p.m., Traphene Hickman Library, 405 Pioneer Trl., Cedar Hill.

11/19

### Erupting Pumpkins:

Turn your pumpkin into a baking soda volcano. Free. 5:30-6:30 p.m., Traphene Hickman Library, 405 Pioneer

Trl., Cedar Hill. Sign up online.

11/20

### Techniques for Managing the Holidays With Ease:

Learn to deal with holiday stress. 7:00 p.m., Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville.

11/23

### Turkey Trot 5K Run and Walk:

Run, walk or walk your dog to make room for the turkey. 8:00 a.m.-noon, Les Zeiger Park, 405 Eagle Dr., DeSoto.

Submissions are welcome and published as space allows. Send your current event details to [adam.walker@nowmagazines.com](mailto:adam.walker@nowmagazines.com).



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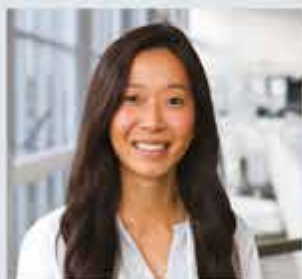
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# Serenity Advanced Dentistry

If you are an adult who is afraid of going to the dentist, or even just a little extra anxious, Serenity Advanced Dentistry may be just what you are looking for. "We do a lot of sedation dentistry, mostly for adults," Dr. Allala explained. "It's kind of my niche. Many adults may have some pretty serious anxiety about going to the dentist. They may not even seek care. They'd rather be in pain. I provide a place to take care of these people. When patients elect to get treatment, we lower the statistics of people living in pain. I like being able to contribute to improving people's lives."

"Coincidentally, a lot of people who are anxious about going to the dentist are also people who don't have good insurance. That's a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. A membership might not be necessary if you only need one simple procedure, but if you need sedation and a lot of work, it really pays for itself."

Dr. Allala is a graduate of the Texas A&M School of Dentistry. "When I started there, it was still Baylor. My diploma has both names on it," she recalled. "I specialize in oral surgery, and we're really good at it. I'm nothing without my team. We do everything in dentistry. I like being well rounded. I enjoy being an overachiever, so I'm constantly taking continuing education, keeping up with all the

newest techniques and technology. I'm also a native Spanish speaker. I grew up speaking both languages. Our YouTube videos explaining procedures are available in both English and Spanish."

Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill. I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

**"I LIKE BEING WELL ROUNDED. I ENJOY BEING AN OVERACHIEVER, SO I'M CONSTANTLY TAKING CONTINUING EDUCATION, KEEPING UP WITH ALL THE NEWEST TECHNIQUES AND TECHNOLOGY."**

Serenity Advanced Dentistry has all the newest technology to make your experience convenient. "We have hospital-grade blood pressure machines, so we can do sedation. We also have intraoral scanners, so I can see inside your mouth, from every angle, before I ever go in for your procedure. We print dentures and place implants right here in the office. With our skills and strategies, most patients don't even feel our injections. We have TVs in every room to keep you entertained while we work. It's all about efficiency — working smarter, not harder. That's why I designed the floor plan of the office myself. And we're really big on sanitation and sterilization. It's important to maintain a sterile environment, which is why we're closed every Friday for deep cleaning the office and training."



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